



Personal Mastery

WORKSHEETS

*Questions and exercises for strengthening
or capturing your personal power.*



**Unlock
Your
Potential**

PERSONAL POWER

It's all about our state of mind. An attitude and a stance on what it means to be strong, to be determined. Our personal power at its capacity enables us to accomplish the things we want, and forego the things we don't.

We focus on self-efficacy because we know only we can achieve the things we want in life. Within us are key traits. One of which is confidence. We know, with the right attributes, we cannot fail.

THIS WORKSHEET HAS 4 OBJECTIVES

Use them to identify and or capture your personal power

1. DEFINE WHAT YOU STAND FOR

2. TO BELIEVE IN YOURSELF

3. EMBRACE YOUR CAPACITY

4. EXERT YOUR POWER



WHAT YOU STAND FOR

Embracing what we stand for is the most important thing we can do. When we understand our beliefs, our values allow us to live with intention. It also gives us the fortitude to take steps in life that are not just important to us, but allow us to act despite what others think, say, or do.

There are characteristics that develop within us when we are in tune with the person we want to be. We are more confident, determined, and we exude a sense of assurance and dignity that we would otherwise not portray.

WHAT DO YOU STAND FOR?

We all have personal values and things that we are passionate about. Voicing them and acknowledging them can make a difference in knowing and embracing your personal power. Write your answer using 3-5 sentences.

LET'S EXTERNALIZE

You just wrote several sentences on what you stand for. Now, break down those sentences into a list format. A smaller, digestible way of acknowledging what you stand for.



HOW CONFIDENT ARE YOU?

Confidence is such a key component of personal power because without it, we can't put aside self-doubts and take actions towards what we want.

A part of personal power is the ability to decide decisively, to believe in our abilities and qualities, to act without second thought or fear.

When we are confident, we have faith in our capabilities, and we develop the right mindset to achieve the things we want.

WHAT DOES SELF-CONFIDENCE FEEL LIKE TO YOU?

List 8 words you associate with self -confidence.

1.

5.

2.

6.

3.

7.

4.

8.

LET'S EXTERNALIZE

Write a paragraph describing what self-confidence feels like to you. Use the words above that you associate with confidence.

EMBRACE YOUR CAPACITY

Let Yours Potential Shine!



Potential



PERFORMANCE



In order to embrace our capacity, we must realize our potential. It's easy to believe they are the same. However, in reality, they are not. Our potential is unrealized, while our capacity is what we already know, what we are already capable of. Knowing the difference is key to not only harnessing our personal power, but to allow our power to guide us to achieve our best. When we realize what we are capable of, it's amazing how resilient we become. Because we believe in the power of our proficiency.

LIST 1 STRENGTH FOR EACH GOAL ACHIEVED

Consider goals you've achieved. The answers you give should show a trend. This will lead the way to realizing your full potential.

	ACHIEVED GOAL	STRENGTH
1.		
2.		
3.		

TIP: Your achievement could be over your lifetime. However, if you feel a current win shows your potential, then use it.

Also remember, nothing is too large or too small. A win is a win.

LET'S EXTERNALIZE

Explain In a few sentences why each achievement exemplifies a strength you possess.

TIP: Remember, this is a way to process the same information with the goal of showing you a better or different perspective.

EXERT YOUR POWER

The power of personal power shines when we are at our full potential. Our capacity to make it happen isn't just possible, it's likely, because we feel strong and determined. Our personal power also excels when we realize our potential isn't a destination, but a path we choose.

What most don't realize is that accessing their full potential requires a solid foundation we must build. The question is, how do we build it?

Start with self-acceptance, and by understanding and identifying what brings joy. Whether it's certain characteristics, actions or skills. The goal is to find the unique blueprint that is the source of our personal power. Something we all have, but must embrace and gratify.



EXTERNALIZE YOUR LIFE BLUEPRINT

A construct of Dr. Martin Luther King Jr. Life Blueprint speech, this blueprint is about the foundation of your personal power. Put to words your answer to these key questions.

**IDENTIFY WHAT YOU BELIEVE YOUR
WORTH IS**

**WHAT ARE YOUR ULTIMATE GOALS IN
LIFE?**

Words of inspiration...

“ Power is the faculty or capacity to act, the strength and potency to accomplish something. It is the vital energy to make choices and decisions. It also includes the capacity to overcome deeply embedded habits and to cultivate higher, more effective ones.

-Stephen R. Covey

“ Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength, mastering yourself is true power. -Lao-Tzu

“ I’m finally ready to own my own power, to say, “This is who I am.” If you like it, you like it. And if you don’t like it, you don’t. So watch out; I’m gonna fly. -Oprah Winfrey



Message to Reader

I hope this Personal Power Worksheet has guided you towards creating the life you want. With this tool you are able to harness the power of your personal power.

This worksheet is just one tool available through Fullrliving to help you create the life you want. Do you need additional motivation, support? What about a method to see results with the goal or goals you want to achieve? You can find it [here](#).

Whether you are on the fence or fully committed. If you do the work, you will see results. This tool is another free tool to help make it happen.

You received this free tool because you listen to the Evolving Life podcast, or if it came to you another way. It doesn't matter how, only that you are here. Continue your journey by visiting our Life Tools page to view the additional tools you can use.

Welcome to our community.

Merlene

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